

# MIRALOMA LIFE

Issue No. 9

Celebrating, Informing, and Strengthening the Miraloma Park Community

miralomapark.org

November 7

## MPIC Board Meeting

Call 415-322-0211 to request  
placement on the agenda

7pm

November 9

## Clubhouse Clean-Up

Second Saturday of the month  
at the MPIC Clubhouse.

10am-noon

December 8

## MPIC Holiday Party

At the MPIC  
Clubhouse

5pm-8pm

### FEATURE

## Miraloma Park Residents Are Invited to the Annual MPIC Holiday Party!

When:

Sunday, December 8, 5pm to 8pm

Where:

MPIC Clubhouse at 350 O'Shaughnessy at Del Vale



## MPIC Is Providing Dinner

Jambalaya, Mac 'n Cheese, Salad, Beverages for  
Children & Adults

### Bring only Cookies or Brownies To Share!

Call Mary (415-322-0211) in advance with the number of  
cookies and brownies you're bringing

Each family attending the event will be entered into our raffle

### Entertainment

Mr. Shap, SF Balloon Artist & Magician

### The Merry Miralomans

Miraloma Residents Todd Siemers (sax); Paul Clanon (bass);  
joined by Ken Chou (piano); Jack Kerns (drums)

**\$10 donation per family is appreciated**



(top) The Merry Miralomans jazz it up at Holiday Party

(bottom) TMr. Shap entertains the crowd with help from the audience



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## President's Message

by Robert Gee,  
President

Finally, I have a new picture for my President's Message which I'll admit looks more like me. Please say hello if you see me out and about in Miraloma Park. I have met so many neighbors recently at different MPIC events and I am humbled by how many say they recognize me from my old picture in the newsletter and more importantly, they said they do read the newsletter and my monthly President's Message.

This month I focus my message on gratitude and appreciation. The MPIC couldn't function and Miraloma Park wouldn't be a great community without the work of all our volunteers and the organizations that support us.

I want to thank Darlene Ramlose (Care and Shelter lead), Guido Van Rijn, Mia Waller, Hector Moreno and Clifton Hong who helped move about 2,000 lbs. of MPIC Care and Shelter equipment from the MPIC Clubhouse basement to our storage container on the very hot morning of October 5.

We held our fifth Miraloma Park Block Champions Ice Cream Social on October 6 on Los Palms Dr. at Foerster Ave. I want to thank our Block Champion hosts Guido and Joan Van Rijn, Jean Perata, Karen Breslin and Mike Dahlin. It was one of the hottest days of the year but also had the largest neighbor attendance by far with new families, lots of kids and longtime residents. Thank you to MPIC Board Members Patti Moran, Todd Siemers, Kate Clements and Mary Fitzpatrick who greeted neighbors and helped serve ice cream.

Thank you to the San Francisco Dept of Emergency Management (SFDEM) for supporting our Resiliency program. The MPIC just received a nice boost from

SFDEM; they recently provided the MPIC, as well as other neighborhoods throughout the City, an emergency disaster wheeled container that contains three-days worth of sheltering supplies for 200 individuals. These supplies will supplement the MPIC's existing care and shelter supplies for building a temporary neighborhood shelter in the event of a disaster or emergency incident. This container has:

- 200 Emergency Survival Blankets
- 200 Waterproof Ponchos
- 200 Hand Warmers (Pair)
- 20 Wool Blankets (60 x 80 inch)
- 10 Plastic Tarps (5' x 7')
- 5 Rolls of Duct Tape (50 yards)
- 5 Nylon Cords (50')
- 5 Utility Knives

Thank you to Miraloma resident Geoff Coffey of Madrono Landscaping who helped us identify many plants in our redesigned native plant garden as part of our efforts to design and install educational signage.

We had a great turnout at our Neighborhood Emergency Response Team (NERT) meeting at the MPIC Clubhouse parking lot on October 10 where NERTs from across SFFD Battalion 9 attended. But I want to acknowledge our dedicated Miraloma Park NERTs who participated during the very cold, windy and foggy evening to learn more about our NERT activation plans and equipment we have for Miraloma Park: Joanie Van Rijn (our NERT coordinator), Guido Van Rijn, Bryan Forman, Mary Fitzpatrick, Karen Breslin, Anne Marie Murtagh and Orian Williams.

Once again, a huge thank you goes to Ken Matthews and the Marietta Dr. neighbors and volunteers for their efforts at the annual community cleanup on October 20 at the open space on Marietta Drive known as Reservoir Lands.

Thank you to Tazi Coffee, Todd Siemers and Mike Murray for their help at our Second Saturday workday at the MPIC Clubhouse in October where they prepped a planting area for new native plants by removing weeds, placing cardboard to block weeds and covering the area with wood chips.

Thank you to Guido Van Rijn for leading our first ever Block Champions Emergency Cookout Demonstration at the MPIC Clubhouse in October. It was attended by Block Champions Karen Breslin, Joanie Van Rijn, Bryan Forman, Darryl Browne, Anne Kearney, Marlene Saks, Justin Ryckebusch, Jean Perata and Kevin Caravello.

We are very appreciative of the California Native Plant Society for donating and installing 64 new native plants at the MPIC Clubhouse grounds on October 17.

It was long overdue, but thank you to the Department of Public Works for the substantial amount of tree-trimming done along Marietta Dr. in October. To clarify, this work was unrelated to the recent District 7 Participatory Budget Grant that was awarded for median planting work along Marietta. DPW has just assigned a project manager to oversee the median planting project. I want to thank Marietta Dr. residents Robin S. and Molly T. for submitting this winning project and working with DPW to move the project forward.

# The MPIC Encourages You to Vote This Election Cycle

## How Ranked-Choice Voting Works

by MPIC

“Man’s capacity for justice makes democracy possible, but man’s inclination to injustice makes democracy necessary.”

— Reinhold Niebuhr

Broadly speaking, the ranked-choice voting process unfolds as follows for single-winner elections:

- Voters rank the candidates for a given office by preference on their ballots.
- If a candidate wins an outright majority of first-preference votes (i.e., 50 percent plus one), that candidate will be declared the winner.
- If, on the other hand, no candidate wins an outright majority of first-preference votes, the candidate with the fewest first-preference votes is eliminated.

- All first-preference votes for the failed candidate are eliminated, and second-preference choices on these ballots are then counted as first-preference.
- A new tally is conducted to determine whether any candidate has won an outright majority of the ballots.
- The process is repeated until a candidate wins a majority of votes cast.

In several forums outside the official voter guide, various entities and persons encourage voters not to exercise their right to rank all candidates. The theory is that if that person is not ranked, the candidate will have fewer votes, and thus cannot win the election. That is not necessarily the case. In Ranked Choice Voting (RCV), if you don’t rank all the candidates, your vote will still count for the highest-ranked candidate you selected. If that candidate is eliminated in the counting process, your vote won’t transfer to any other candidate since you didn’t rank them. This means that if your top choice is eliminated, you won’t have a say in subsequent rounds. It’s generally a good idea to rank as many candidates as you feel comfortable with to ensure your vote has the maximum impact.

False voter information is more common than you may think. For further unbiased information on this election, here are two web based resources:

[vote411.org/california](https://vote411.org/california)

[voterguide.sos.ca.gov/](https://voterguide.sos.ca.gov/)

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# Your Miraloma Park Traffic Update

by Robert Gee, MPIC President

## SFPD Traffic Enforcement Continues in Miraloma Park

Ingleside Station Captain Amy Hurwitz informed the MPIC that she will continue to have her officers conduct traffic enforcement at the intersection of Stillings Ave. and Teresita Blvd. You should also expect to see enforcement at the intersection of Teresita Blvd. and Reposa Way.

## Can't See the New Cement Median Islands at Teresita and Reposa?

The MPIC has received many comments about the lack of visibility of the new cement median islands at the intersection of Teresita Blvd and Reposa Way. We have followed up with the SF Municipal Transportation Agency (SFMTA) and they have submitted a paint order to paint the islands to make them more visible.

## SFMTA Studying Traffic on Evelyn Way and Stillings Ave.

The MPIC receives many inquiries from residents about

how speed humps or other traffic calming measures can be installed on their streets. We inform the residents about the SFMTA's traffic calming application procedures and how the application process involves SFMTA collecting data to evaluate speed and number of autos over a period of time. If the data shows excess speeds on the street, the SFMTA will propose solutions such as speed humps or other types of devices to slow cars down.

I'm sure many of you drive on Evelyn Way to get to and from Portola Blvd. You may find that with many cars parked on both sides of the street, it can be too narrow for cars to pass each other. There are concerns about speeding and residents having difficulty backing out of their driveways.

In response to a resident submitting a traffic calming application to SFMTA earlier this year, in October the SFMTA installed roadway cables on Evelyn Way to collect data. SFMTA is now evaluating the data for next steps.

For many Miraloma Park residents as well as those using navigation apps, you probably get to Highways 101 and 280 by going on Teresita Blvd. and then turning on Stillings Ave. to head down the hill towards Congo St. Residents on Stillings Ave. are concerned about speeding. A resident also submitted a traffic calming application to SFMTA earlier this year to evaluate Stillings Ave. In October the SFMTA also installed roadway cables on Stillings Ave. to collect data. SFMTA is now evaluating that data for next steps.

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# Expressing Gratitude in Miraloma Park

by Kate Clements, MPIC

November is a month where gratitude comes to the fore with Thanksgiving Day celebrations. In that vein, I asked some people I met recently what they liked about living in Miraloma Park. Here's what they had to say:

I love living in Miraloma Park because the neighbors are wonderful - Maureen

Such a beautiful area, lovely people: it just has a nice sense of community. It's a nice little corner of San Francisco - Jim

What I like about Miraloma is I can get to school. I also like that on the way to school I go past my friend's house and it makes it really easy to have playdates - Zora

It's a real neighborhood and I've lived in five different neighborhoods. It's the only one I know my neighbors and get together. The neighbors are watching out for each other - Jamaica

Our neighbors are always helpful, but never intrusive. Anytime we need help, someone is willing to help - Carol and Ossie

I enjoy living in Miraloma Park because it's very closely knit and it's got that nice small hometown feel, but very convenient to shops, freeways, things to do, and places to eat - Angie

I like that you get the best of both worlds: city and suburbs. You get the space of living in the suburbs and the sort of neighborhood feel, but also I'm 10 minutes from The Mission, and 15 minutes from downtown. It's great - Mark

I moved here in 1988. The neighbors are nice, and it is quiet - Gil

I've lived here since 1979. Truly a community, it is like living in a town where you know everyone, everyone cares about each other. When times are good, it's great...with all kinds of celebrations and parties. But when times aren't so good, people bring food and help care for you. It's a really wonderful small town within the midst of a big city - Maida

My favorite part of living in Miraloma is the small-town feel in a big city. You get to know your neighbors and build a community - Christy

Miraloma is the best of both worlds. Quiet neighborhood yet 15 minutes from BART and downtown life - Glendon

## DON'T LEAVE IT HANGING

If you haven't done it already, be sure to take down your OK sign which should be removed after the 3rd week of October. Don't leave it hanging. It may send a false message to first responders should a personal emergency, medical or otherwise take place. Thank you for participating!



# Los Palmos Garden Ice Cream Social

by Block Champion Guido van Rijn

Braving the heat, quite a few neighbors gathered together at Los Palmos Community Garden to enjoy socializing with each other and, YES, feasting on a good-sized scoop of Tillamook ice cream. Good thing that the event was held on the shady south side of Los Palmos Drive.

Even then, in 90 degree weather, ice cream melts fast! But no worries, we all know how to eat ice cream quickly, and licking sticky fingers is just part of the fun. This was the last of the five Ice Cream Socials that were sponsored by MPIC and Resilient Miraloma Park's Block Champion program for this year.

There are few better ways to meet your neighbors and make connections which might prove vital during an emergency, including heat-related ones like we just experienced. Thank you MPIC representatives Robert, Mary, Patti, Joanie and Block Champions Mike, Jean, Karen and Guido. Meeting neighbors; eating ice cream! Life does not get much better!



# Block Champions Conduct the First Ever Emergency Cookout Demonstration

by Block Champion Guido van Rijn

On September 26th a small group of Block Champions (BCs), some with their families, came to the MPIC Clubhouse parking lot to witness MPIC's first ever emergency cooking demonstration using the equipment pictured. The event was a great opportunity for BCs to reconnect with each other. In short, it was an enjoyable event featuring the perfect emergency food of hot dogs, pork & beans, and salad.

Why might some BCs use an outdoor cooker rather than a barbeque? In an emergency both are, of course, very useful. I would, however, posit that the two 30,000 BTU burners can much more efficiently cook soups and stews when a disaster or smaller event such as a lengthy blackout or other disruptive event occurs. Even after one day, frozen foods may begin to defrost and must quickly be used up before they spoil. Meats and fish are particularly vulnerable to spoilage. After that, canned and dried foods become the most frequently cooked items. Each household should have enough emergency food stored to last for at least a week including shelf-stable items such as cereal, crackers, canned fish/meat, nutrition bars, etc. A few block champions may have access to one of these cookers to help feed, after a disaster, neighbors on their block. Though this article is focused on the Block Champion response for their neighbors, a neighborhood-wide Care and Shelter site is in Resilient Miraloma's planning stages and includes feeding post-disaster Miralomans in need.



There were multiple lessons learned from this Block Champion practice event:

- Propane tanks must be available. BC neighbors may be in a position to share.
- BC neighbors might be in a position to share safe, perishable foods and canned/dried goods.
- Fresh produce must be checked and washed before use.
- Dried foods, such as beans and pasta, are excellent foods but require water for cooking, and can take a fair amount of time to prepare.
- Neighbors may help provide canned goods, many of which contain enough water to heat and serve.
- Properly cleaning produce, utensils, pots and pans all require a great deal of water.

This list of "lessons" is far from complete. However, a couple of things stand out. First, the incredible need for water in almost every stage of cooking from preparation, to actual cooking, to cleanup. Water may NOT be available after a disaster. Households need to have plenty of stored water (including the hot water heater tank). It's a good thing that many canned goods do not require water for heating or cooking. Second, MPIC's Resilient Miraloma has come a long way in preparing Miraloma Park for disaster. We have the supplies. We have the NERTs, Block Champions, Radio Operators and a Care and Shelter Team in the making. **But we need many more of each. If you would like to join Miraloma Park in its quest for a post-disaster resilient Miraloma Park please contact the MPIC at [miralomapark@gmail.com](mailto:miralomapark@gmail.com).**



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|   |   | <input type="checkbox"/> \$ _____ Other          |

☐ PLEASE SEND ME AN EMAIL REMINDER TO RENEW MY MEMBERSHIP!



Hello, are you 55 or older? We invite you to join us at Community Connectors, our senior program in Miraloma Park! We have a weekly program that is worth checking out. We have many exciting gatherings this fall and don't miss our Holiday Celebration - Cookie Swap and Holiday Party. We also have a bi-monthly Healthy Aging and Nutrition Class on the Community Living Campaign Website: [sfcommunityliving.org](http://sfcommunityliving.org). Let's strive together for better health and aging in 2024. Here's the schedule.

#### Upcoming Events

November 14 - Fall Potluck  
December 12 - Cookie Exchange

#### Tai Chi on Tuesdays

**Always Active** exercise on Thursdays  
10:30 am at Cornerstone Church

If you are interested in attending, please contact Darlene Ramlose: [Darlene@sfcommunityliving.org](mailto:Darlene@sfcommunityliving.org) or by phone at 714-423-8844. You must sign up in advance as walk-ins are not accepted due to limited space.

#### Miraloma Senior Walks in San Francisco

Contact Darlene (see details above)  
We are looking for someone to lead the walking program.  
Please contact Darlene if you are interested.

#### Ukulele Class

Miraloma Clubhouse  
Tuesdays at 2:00 p.m.

• • •

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# MPIC Safety Committee Update

Crime Stats from August 1-August 31, 2024

Date	Time	Incident #	Description	Status	Intersection
9/3/2024	5:40 AM	240552538	Burglary, Other Bldg., Forcible Entry	Open or Active	FOWLER AVE \ JUANITA WAY
9/10/2024	8:30 PM	240571146	Vehicle, Stolen, Auto	Open or Active	DEL SUR AVE \ JUANITA WAY
9/12/2024	12:00 AM	240576710	Malicious Mischief, Adult Suspect	Open or Active	PORTOLA DR \ REX AVE
9/15/2024	7:00 PM	240582068	Vehicle, Stolen, Auto	Open or Active	LOS PALMOS DR \ LULU ALY
9/21/2024	2:55 PM	240594455	Mental Health Detention	Open or Active	BURLWOOD DR \ LULU ALY
9/24/2024	5:30 PM	240603078	Burglary, Residence, Forcible Entry	Open or Active	LOS PALMOS DR \ VERNIA ST
9/24/2024	5:30 PM	240603921	Burglary, Residence Under Constr, Forcible Entry	Open or Active	LASSEN ALY \ TERESITA BLVD
9/26/2024	12:40 PM	240607274	Battery	Open or Active	PORTOLA DR \ TERESITA BLVD

ANNOUNCEMENT

## Second Saturday Clubhouse Clean-Up



The next Second Saturday Clubhouse clean-up takes place on **November 9** from 10am to noon. Rain cancels. Please consider volunteering two hours of your time. Bring a friend, or make a new friend! It's always more enjoyable that way. Let us know if you can come. Sign up at [forms.gle/j7uMUUy4ZHcXhuteA](https://forms.gle/j7uMUUy4ZHcXhuteA) Thank you!

PHOTO

## An Unexpected Visitor



Lori Jean Van Orden, Miraloma Park

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## MPIC Board Of Directors

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## Programs at the MPIC Clubhouse

### Jazzercise

Wednesday and Saturday 9:00am  
Monday 5pm  
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### Chang's International Folk Dancing

7:00–10:00pm Friday  
One hour lessons on the first and second  
Fridays of each month.  
[changsdancers@aol.com](mailto:changsdancers@aol.com)

### Fort Mason Artists

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Friday 10:00am–2:00pm,  
2:30–5:30pm  
Konrad Dunton; 650 868 6336  
[Fortmasonartists.org](http://Fortmasonartists.org)

### Ukulele Class

Tuesdays 2:00pm–3:00pm  
[Bawheeler46@yahoo.com](mailto:Bawheeler46@yahoo.com)

### Mary L. Harden Botanical Drawing

Monday 10:00am–1:30pm  
[maryharden@me.com](mailto:maryharden@me.com)

### Figure Drawing from the Live Model with Linda Hope

Saturday 11am–2:30pm  
415 334 3603  
[Lindahope.art@gmail.com](mailto:Lindahope.art@gmail.com)

### Grace Community Church

Sunday 11:00am–1:30pm; Pre service  
coffee followed by community lunch  
415 753 9931

### Guide Dogs For The Blind

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or [guidedogs.com/puppy](http://guidedogs.com/puppy)

## MPIC Directory

### [www.miralomapark.org](http://www.miralomapark.org)

General Inquires for MPIC	(415) 322-0211
Clubhouse Manager + Rentals	(415) 322-0211
Webmaster: Ron Proctor	(415) 322-0211
Miraloma Elementary School	(415) 469-4734
Miraloma Playground	(415) 337-4704

## Miraloma Life Staff

**Contact:** [miralomapark@gmail.com](mailto:miralomapark@gmail.com)  
(415) 322-0211

Editor	Kate Clements
Advertising	Kate Clements
Graphics/ Layout	Butler Looney

### Article Submission Policy:

Email submissions to: [miralomapark@gmail.com](mailto:miralomapark@gmail.com)  
with **Miraloma Life** in the subject line.

Articles submitted must be 800 words or less in  
length and should not be selling or promoting a  
product or service. Anonymous submissions will not  
be considered for publication.

**Deadline for submissions are the 12th day of the  
month prior to publication.**

Submitted articles become the property of MPIC.

## Miraloma Park Improvement Club

350 O'Shaughnessy Blvd., San Francisco, CA 94124